

Recipe Details

Recipe Name - Broiled Fish

Recipe Steps -

Ingredients

- 1 jar hearts of palm (25 oz) or 2 cans, drained and rinsed and cut in half long way
- 1 small lemon or 1/2 of a large, juiced
- 2 tsp Vegan fish sauce soy-free
- 2 tsp Dulce granulated
- 2 tsp Kelp granules
- 1 1/2 to 2 tsp Old Bay seasoning
- 2 tsp Garlic powder

Panko bread crumbs (optional)

Instructions

- 1. Move your oven rack to the center of your oven and set the oven to 500 degrees broil
- 2. Drain and rinse hearts of palm, cut in half long way, and place into a baking dish
- 3. Squeeze lemon over all the "fish" pieces
- 4. Sprinkle all remaining ingredients on top
- 5. Toss around gently to ensure everything is covered and seasoned well
- 6. If using, sprinkle the desired amount of panko bread crumbs on top
- 7. Broil on the middle rack for 7 minutes
- 8. Enjoy!



